Why Walk at Work?

Benefits of Walking at Work
- Can give you a head start on your total daily workout time
- Walking 1 mile burns ~100 calories
- Reduces risk of diseases linked to abdominal fat
- Reduces your risk of coronary events by 35%
- Improves cognitive function
- Good for bone health
- Improves overall physical function
- Increase camaraderie by walking with a friend or colleague

Drawbacks to Sitting
Sitting in a chair is not the way nature intended for us to sit. Lower back pain can be a cause of too much sitting.
- Extra strain on the back muscles
- Decreased strength and flexibility in the hips
- Creates increased pressure on the vertebrae

***REMEMBER:
- Take a break from your chair every 60 minutes by standing, stretching or walking
- Practice good posture! It can take up to 30% of the load off your lower back (see picture)